

# Little Things Add Up to Help You Feel Like a Million

## *Feeling good...* everyone

wants to, but many of us don't. Juggling work, family, and social responsibilities can overwhelm and frustrate. When you do find an hour free it's easier to flop on the couch and surf the channels than to invest in an activity that will pay back in refreshment, energy, or renewed optimism.

We feel more time pressure than ever. And instead of freeing us, technology has only created more demands - with faxes, cellular phones, pagers, and portable computers promising greater productivity in less time but piling on more responsibilities in an already crowded day. The result? An overworked, overstressed lifestyle.

Some of the common signs of overstress include:

- ✓ Reduced work efficiency or productive
- ✓ Frequent headaches
- ✓ Depression or mood swings
- ✓ Increased or decreased appetite
- ✓ Excess anxiety, worry, guilt, nervousness
- ✓ Heartburn, stomach pain, nausea
- ✓ Insomnia, nightmares
- ✓ Forgetfulness, disorganization, confusion
- ✓ Constant fatigue.

Many choose to ride it out, waiting for some magic break in demands and pressures.

Weekends sometimes offer enough respite to face another hectic week, but we often go back to the same routine - never feeling we performed our best.

## *You're in control*

The first step in regaining balance, achieving manageable stress levels, and feeling your best is to realize you're in control. Yes, things happen that are outside your control. But most of the daily stress we all face is the result of choices we make. And the demands we don't choose can cause more or less stress depending on how we react to them. If you accept that most is about choices then put yourself in a problem-solving mode. Begin to make decisions and take action to reduce demands and lower stress. Accept, avoid, or ignore

the things you can't control, as you move on to those that are within your influence.



## *Investing in feeling good*

Feeling good doesn't just happen, especially if your life's been out of balance for some time. It takes an investment - a conscious effort to do the things that contribute to balance and meaning in life.

That's where the *Feel Like a Million* program can help. Using a financial theme with dozens of physical, mental, emotional, and social activity investments, you can create a plan, enforce it, and monitor your progress.

Unlike other stress management programs, *Feel Like a Million* doesn't teach coping mechanisms like deep-breathing exercises. Instead it gives you activities you can do before stressful events occur, so you can build up your reserves - because you know stress is coming, you just don't know where it's coming from.

If you're not feeling your best or if you want to feel better, register for *Feel Like a Million* today.

*Feel like a*  
**MILLION**